

ComPsych® GuidanceResources® is here to help.

Personal problems can affect your work, health and family. The feeling “I can handle it myself” can be adding to the pressures you may feel at work and at home. That’s why your company has contracted with an independent firm—ComPsych, The Guidance Resource Company®—to provide counseling, support and information services to employees on a confidential basis. GuidanceResources is available at no charge to you as a company-sponsored benefit. This brochure explains how ComPsych can help you and your family get the help you need to address your emotional and life concerns by just picking up the phone.

Call anytime to receive professional, sensitive and confidential assistance. You don’t have to handle your problems alone. Help is as close as your telephone.

Call toll-free: 1-888-355-5385

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THE GUIDANCE RESOURCE COMPANY
COMPSYCH®

Call toll-free: 1-888-355-5385
TDD: 1-800-697-0353
Call anytime you need support.

GuidanceResources® is available 24 hours a day, 7 days a week to help you handle the issues you are facing and provide sensitive support and counseling, no matter the need.



Maricopa County

one place to call anytime
one expert to talk to



GuidanceRESOURCES®

one place to contact
one site to browse

Your Employee Assistance Program from ComPsych® GuidanceResources®

EAP EMPLOYEE ASSISTANCE PROGRAM

How can the EAP help me?

Your EAP offers professional and confidential counseling services designed to help address the personal concerns and life issues you are facing. It is available to you and members of your family at no cost. This service, staffed by experienced clinicians, is available to you and your dependents by calling a toll-free phone line 24 hours a day, seven days a week. A GuidanceResources Coordinator is available anytime to listen to your concerns and refer you to local resources in your home community or other expert counselors that can address your issues. Your EAP can help you deal with a variety of personal concerns, including:

- Depression
- Marital and family conflicts
- Job pressures
- Stress and anxiety
- Alcohol and drug abuse
- Grief and loss

You don't have to handle your problems alone.
Help is just a phone call away.

FinancialCONNECTSM

What about financial concerns?

Financial issues can arise at any time, from dealing with debt to saving for college. FinancialConnect professionals are there to discuss your issues and provide you with the tools and information you need to meet your financial goals. From family budgets and tax questions to credit issues and investments, you can consult directly with Financial Specialists about your personal money management concerns.

FinancialConnect is there to help you sort through the issues and provide the resources you need to find answers. Call anytime when you have issues such as:

- Saving for college
- Getting out of debt
- Retirement planning
- Credit cards or loans
- Estate planning
- Tax questions

one source to rely on

"I thought we were going to get a divorce, having someone to talk to about our feelings was an enormous help—it got us back on track."



"The stress of a new job, a new city and an adoption really affected my family. I got the support and information I needed to help me cope with my new life."



LegalCONNECT[®]

Where can I get answers to my legal questions?

Everyone faces a legal issue or problem at some time in their life, whether it's a divorce, bankruptcy or buying real estate. LegalConnect provides confidential access to attorneys who are dedicated to providing practical, understandable information and assistance. A LegalConnect Attorney will listen to your concerns and provide helpful information and tools to assist you in resolving the issue. If you require representation, LegalConnect can also refer you to a qualified attorney in your area for a free 30-minute consultation. Thereafter, a 25% reduction in customary legal fees is available to you. Call anytime with legal issues including:

- Divorce and family law
- Bankruptcy
- Debt obligations
- Criminal actions
- Landlord and tenant issues
- Civil lawsuits
- Real estate transactions
- Contracts

GuidanceRESOURCES[®] ONLINE

Where can I go for information and resources online?

GuidanceResources Online gives you the power of the Internet to get solutions for the issues that matter to you, from personal or relationship issues to legal and financial concerns. Go online anytime you need trusted, expert information, resources, referrals or an answer to an everyday question.

- Get helpful answers to your questions quickly and easily
- Review and print in-depth HelpSheetSM topics
- Ask a GuidanceResources Expert for a personal response via e-mail or phone
- Order one of our pre-screened reference books without leaving the site

Just go to www.GuidanceResources.com and enter in your company ID: **MC2003**. Let our experts work for you!

Call anytime you need support.
1-888-355-5385